

(30)

A brother then approached me to read to me part of a matn he had memorised.

I attempted to manage to listen to him for a few minutes, but then the pre-pattern symptoms got exacerbated, so I briefly explained to him that I couldn't continue, and that I needed to rest.

After doing some nasya and a little dhikr and duas, I went to live masjid Furgan.

One brother sat me down for about 20 minutes, just admonishing me, and explaining to me the importance of the morning and afternoon adhkaar.

He explained